

OCTOBER 2022

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The Sioux City Knights will have a planning committee meeting on Nov 5th at 10:00 at North Middle School to discuss the upcoming sports seasons. We will be looking at basketball, dance and powerlifting schedules. The District events and Iowa City trip. Everyone is invited to attend our meetings to gather information or make suggestions. We appreciate everyone's help and suggestions. Athletes are welcome to be at the meetings also.



The Polar Plunge is the last fundraiser the Knights will have this year. Oct 15th at noon the plungers who have raised \$75 will receive their t-shirt, lunch and a quick "cool" dip in the plunge tank. For those who are not able to, or choose not to go in the water, there is the option to raise funds and support the team as a "chicken". There are prizes awarded for the best costume, the best team costumes, the most money raised by a plunger and a chicken. There are also random drawings for prizes that day too! Please join us Oct 15th at O'Connor Heating and Cooling as we raise money for the Sioux City Knights team. Even if you are not able to join us, you can make a donation to the Knights plunging team by following the below link.

[To register to plunge click here.](#)



Flag Football State Games in Cedar Rapids Sept 24th was attended by 10 Knights.



Even in the rainy, cool morning, Dewey did a great job in flag football skills. He got a silver medal! The Sioux City Knights Team received a silver medal in their division, winning 1 game and losing 1 game. Everyone on the team played well and had a great day!



We have had a great time bowling this year at Plaza Bowl. The Sioux City Knights are registered for the district tournament coming on Oct 7-8 at the Plaza Bowl.



Visit the Sioux City Knights website: siouxcityknights.com for links to more information

Wall of Fame has provided an online store for you to purchase clothing with the Knights Logo. Please click [here](#) to go to the online store to look at what is available. You are able to order the sizes and colors of your choice and have it shipped to you if you choose.

Most athletes are up to date on their physical, but watch for a message that you need to renew. We will try to let everyone know, but if you have not turned in a physical in 3 years you will need a new one. The link to the physical form that we need is below.

New/Renewing Athlete Physical Form link

Every 3 years all athletes need a new physical. Are you an athlete that needs a **New Physical** done? Or a new athlete to Special Olympics? All new or renewing athletes will need to use this form. The link to the updated forms is found [HERE](#).

Also Class A volunteers need to renew every 3 years also and the link to the paperwork is [HERE](#). The protective behavior training [HERE](#). And the Quiz [Here](#).

DEADLINES

Our Deadline section has important dates to pay attention to:

11/12/22 - basketball sign up deadline

12/3/22 - dance team and powerlifting sign up deadline

1/22/23 - swim team sign up deadline

3/24/22 - track district sign up due

Team sports require team practices. In order to learn your position and the jobs of your teammates everyone needs to practice together. Please remember that if you sign up for a team sport you are expected to be at practices and competitions. Your teammates are depending on you!

PRACTICES

All practices subject to change.

Please check Facebook the day of the practice for updates.

Bowling

10/7(ages 8-22) 9:30 - District Bowling Plaza Bowl

10/8(ages 22+singles) 9 am - District Bowling Plaza Bowl

10/8(ages 22+doubles/teams) 11:30 am - District Bowling Plaza Bowl

11/19 - State Bowling Council Bluffs

Basketball

11/5 9 am - Basketball evaluations @ North Middle School - followed by a committee/parents meeting

LOOK AHEAD

Please note: dates, times, and venues subject to change and are updated monthly.

Weekly practices are not included in this section.

- 11/5/22 - Basketball Practice
- 11/19/22 - State Bowling
- 12/16/22 - Basketball Team registration due
- 1/6/23- Basketball Skills registration due
- 1/28/23 - District Basketball Skills in Sioux Center
- 2/4/23 - District Basketball Teams in Mondamin
- 3/11/23 - Iowa City

- [5/25-5/27/23 - Summer Games](#)

The Knights will be asking all athletes and their parent/staff to sign a team commitment form to make sure that everyone understands the responsibilities of every team member playing on a team sport. We hope to be able to outline practices, district and state competition dates so that everyone knows what is expected of them if they choose to play on a team. Thank you for helping us stay organized as we move into the winter sports! We will also ask parents to sign a code of conduct form.

Don't forget to like us on Facebook

facebook.com/SCKnightsSpecialOlympics

<http://siouxcityknights.com/>

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